



Mega Multi w/Minerals.

List No.: 760

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Each Tablet Contains	% Daily Value	Each Tablet Contains	% Daily Value
Vitamin A (as Acetate)	4800 IU 96%	Calcium (from Calcium Carbonate)	150 mg 15%
Vitamin C (as Ascorbic Acid)	250 mg 417%	Iron (from Ferrous Fumarate)	18 mg 100%
Vitamin D ³ (as Cholecalciferol)	400 IU 100%	Iodine (from Potassium Iodide)	225 mcg 150%
Vitamin E (as di-Alpha Tocopheryl Acetate)	100 IU 333%	Magnesium (from Magnesium Oxide)	100 mg 25%
Thiamin (Vitamin B-1 as Thiamine Mononitrate)	50 mg 3333%	Zinc (from Zinc Oxide)	10 mg 167%
Riboflavin (Vitamin B-2)	50 mg 2941%	Copper (from Copper Sulfate)	2 mg 100%
Niacin (as Niacinamide)	50 mg 250%	Manganese (as Manganese Sulfate)	5 mg 250%
Vitamin B-6 (as Pyridoxine HCL)	50 mg 2500%	Betaine HCL	30 mg *
Folic Acid	400 mcg 100%	Hesperidin Complex	10 mg *
Vitamin B-12 (as Cyanocobalamin)	200 mcg 3333%	Citrus Bioflavonoids Complex	10 mg *
Pantothenic Acid (as Calcium Pantothenate)	50 mg 500%	Rutin	5 mg *

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Maltodextrin, Acacia Gum, Magnesium Stearate, Silica, Potassium Chloride, Hydroxypropyl Methylcellulose, Triacetin, Polydextrose.

Directions: As a dietary supplement, take one tablet daily, preferably with a meal.

This product is manufactured under strict quality control guidelines; therefore, purity and label potency are guaranteed.

GLUTEN FREE. NO STARCH, ARTIFICIAL COLORS, PRESERVATIVES, ARTIFICIAL FLAVORS, WHEAT, YEAST OR CORN ADDED.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.